

Physical Fitness Test Description Information

The PFT is a 500-yard course which consists of running on a variety of different surfaces, up and down one flight of stairs, and a mini obstacle course.

After the run, two hand-held weights of 45 pounds each are carried a distance of 50 yards and are then set down.

Another 45 pound weight is carried for 75-yards and then set down.

Lastly, a 30 pound weight is carried for a final distance of 110-yards and then set down.

Candidates must complete the PFT in the required time of 5 minutes and 5 seconds to pass the PFT portion of the selection process.